

Zips

Zero to age 21: Information Promoting Success
for Nurses working with Kansas Kids

MAY 2003

Welcome to the new web site for Nurses who are working with Kansas Kids! Our goal is to provide nurses with current health information/education. Updates will be posted monthly - ten months out of the year from August through May. So... *zip* into the news!!!!

Each update will contain information and links to health and educational sites and also sites containing funding opportunities.

Information is provided in the following categories:

- Child Health (ages 0 – 9)
- Adolescent Health (ages 10-21)
- Public Health Information
- School Nurse Information
- Funding Opportunities
- Upcoming Events



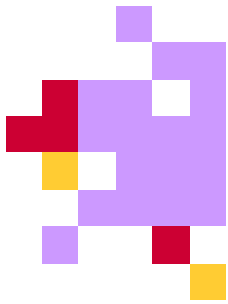
EXTRA INSERT ON HIPAA

Newsletter is compiled by Christine Tuck and Theresa Tetuan. Please let us know if you have information you would like included in next month's newsletter.

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ZipS: PUBLIC HEALTH

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**National Nurses Week
May 6-12 2003**

Smallpox Information

For up-to-date information on smallpox, link to CDC's Public Health Emergency Preparedness and Response page at www.bt.cdc.gov/agent/smallpox/index.asp or www.smallpox.gov

KDHE has posted the Smallpox Training Sessions PowerPoint Presentation at www.kdhe.state.ks.us/han/smallpox

West Nile Virus

Summer is upon us! For more information on the West Nile Virus visit www.cdc.gov/ncidod/dvbid/westnile/index.htm

EDUCATIONAL VIDEOS

Educators and health care professionals can explore these instructional videos on prenatal care, birth, breastfeeding, teen pregnancy & prevention, baby care, postpartum care, and parenting. Contact: www.injoyvideos.com or call 800-326-2082 Ext. 2.

The new Smoking Cessation During Pregnancy: Clinician's Guide to Helping Pregnant Women Quit Smoking, is available through a PowerPoint or PDF based lecture series with guide on the ACOG web site. To access go to www.acog.org. Click on women's health issues smoking cessation, click on ACOG information for providers, scroll down to "slide lecture available" and then choose PowerPoint or PDF version. You can also request ACOG materials by email chimmons@acog.org.

Also: "Freedom From Smoking" For You and Your Baby, is a booklet provided by the American Lung Association of Kansas and can be obtained by calling 800-586-4872. For a complimentary catalog listing of hundreds of items available through the American Lung Association of Kansas, email mglenn@kslung.org or call 785-272-9290 or 800-LUNGUSA (586-4872).



Dental Health Info



Local health departments providing certain dental services in the health department setting shall be allowed to bill Current Dental Terminology (CDT) codes appropriate for dental services. All current dental restrictions apply. Primary Care Case Management (PCCM) referrals will not be required for dental services provided at the local health department. CDT code D1203-fluoride application reimburses at \$17.00 and can only be billed once every 6 months. In most health departments, the \$35.00 reimbursement (for two treatments) is adequate to cover costs of providing the recommended schedule of three treatments per year. For more information contact Dawn McGlasson, Oral Health Consultant for the state of Kansas at 785-296-1314 or DMcGlass@kdhe.state.ks.us

Resources for Outreach on Food Stamps

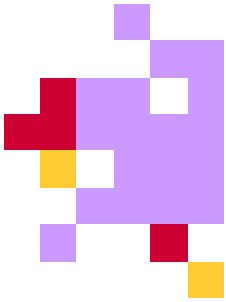
The Food Research and Action Center has food stamp outreach materials in several languages. www.frac.org/html/news/FSPoutreach.htm

A Child Advocate's Guide to Federal Early Care and Education Policy

Produced by the National Association of Child Advocates, this guide presents information on history and key features of the six major (and several smaller) federal early childhood education funding sources. www.childadvocacy.org/ECEFederalGuide.pdf

Women's Health Week May 11 -17, 2003

Join in the celebration and take time to focus on women's health. Visit www.4women.gov/WHW



Zip s : CHILD HEALTH

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“Postpartum Beliefs & Practices Among Non-Western Cultures”

This is an excellent article that describes common postpartum health beliefs among women in Guatemala, China, Jordan, Lebanon, Egypt, Palestine, India and Mexico. This article can be found in the March/April 2003 edition of MCN (The American Journal for Maternal/Child Nursing) on pgs. 74-80. Other related articles can be found at: www.apha.org/ppp/red/index.htm
www.who.int/search/en/



Depressed Preschoolers Exhibit Typical Symptoms

Sadness is the most sensitive symptom and anhedonia the most specific symptom, while masked symptoms are less common but they may be the presenting symptoms. To view this article: www.medscape.com/viewarticle/450623?mpid=10985



2003 Kansas KIDS COUNT DATA BOOK

Access www.kac.org for the 2003 Kansas Kids Count Data Book, available April 1st. This book contains 22 indicators of the well-being of children and families in Kansas. A county-by-county look at the well-being of children in all 105 Kansas counties will be available at this website. Kids Count is a project of the Annie E. Casey Foundation, and is a national state-by-state effort to track the status of children in the U.S.

HSHV's

The vast majority of injuries among infants are due to falls, with more than 22% of these injuries being severe enough to require major medical care. www.4woman.gov/nwhic/news/2003/03apr8-3.htm



Children are likely to live up to what you believe of them.
Lady Bird Johnson

AAP Guide to Toilet Training

This guide by the American Academy of Pediatrics combines the latest medical findings with down-to-earth medical and parental advice to make toilet training a stepping stone to building a child's self-esteem and independence. Cost: \$13.95. Visit www.aap.org/bst/showdetl.cfm?&DID=15&Product_ID=3825&CatID=134

“Too Small for a Seatbelt”: Booster Seat Use

Booster seats are recommended for children who have outgrown their safety seats but who weigh less than 80 pounds or are under 56 inches tall. For more information: www.pediatrics.org/cgi/content/abstract/111/4/e323?etoc

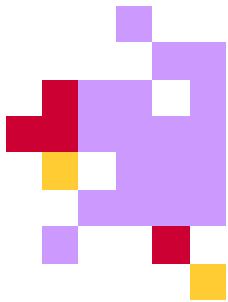
2003 Child Abuse Prevention Community Resource Kit

April 2003 marks the 20th anniversary of the first Child Abuse Prevention Month. The packet and poster were designed to help promote child abuse prevention activities. Free copies are available from the National Clearinghouse on Child Abuse and Neglect Information (800-394-3366; prevention@calib.com). www.calib.com/nccanch/prevention

Love Them. Protect Them. Immunize Them.

This is the theme for this year's National Immunization Week, April 13-19, designed to make parents and communities aware of the importance of fully immunizing children before their second birthday. www.cdc.gov/nip/publications/niiw/default.htm

“Most infant injuries occur.... Because a responsible authority has failed to anticipate the presence of an immediate hazard or they have experienced even a short lapse of attention.” This statement is viewed by the authors of an article investigating causes of injuries to infants. It can be read at : www.pediatrics.org/cgi/reprint/111/4/e365.pdf



ZipS ADOLESCENT HEALTH

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Sports Supplement Guidelines for Teens

The Council for Responsible Nutrition (CRN) has released "Guidelines for Young Athletes: Responsible Use of Sports Nutrition Supplements."

www.crnusa.org

Marijuana Awareness Kit

A free Marijuana Awareness Kit is available on the Web. The kit includes information about research on the harms of marijuana and includes materials and resources that may be customized to include specific information about local communities. To download this kit visit

www.MediaCampaign.org

Suicide Prevention Week

Nearly 300 Kansans died by suicide in 2001. The week of May 4 through May 10 is nationally designated as Suicide Prevention Week. For additional information about Suicide Prevention Week contact Marcia Epstein mehqcc.lawrence.ks.us

Child Trends Report

**Students in grade 12 show increases in volunteerism.
**New indicator on attention-deficit/hyperactivity disorder shows that one in eleven boys ages 13 to 17 had been diagnosed with ADHD in 2001. Visit www.childtrendsatabank.org



Physical Activity Promotion Brochures

The Centers for Disease Control and Prevention (CDC) has available four free brochures to help parents, teachers, and principals increase physical activity among elementary and middle school-aged youth. Visit www.cdc.gov/HealthyYouth/PhysicalActivity or call 888-231-6405.

Resources for Injury and Violence Prevention Practitioners

New PowerPoint Presentations on "Mental Health Issues" and "Strengthening Adolescent Health Programs Through a Focus on Injury Prevention"

www.childrensafetynetwork.org/resources.asp

Preventing and Treating Diabetes

In Female Adolescents

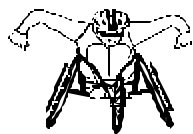
As part of a major initiative aimed at reducing the incidence of diabetes in women of all ages, the Centers for Disease Control and Prevention (CDC) is calling attention to a growing incidence of diabetes in young adolescent females (ages 10 to 17). For more information:

www.healthinschools.org/ejournal/2003/apr03_4.htm

Road to Resilience Campaign

"The American Psychological Association (APA) (www.apa.org) is offering materials free to the public that can help in a time of war. The materials include brochures aimed at consumers, parents, and teachers of very young children, elementary and middle school children and teens. For free download visit

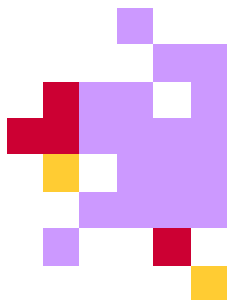
www.helping.apa.org



SO Get Into It

The overall goal of "SO Get Into It" is to increase the participation of children and youth with and without mental retardation/intellectual disabilities in Special Olympics by establishing school-based Special Olympics programs and activities. For more information visit

www.specialolympics.org/getintoit or call 800-700-8585.



ZipS: SCHOOL NURSE

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There are really only three types of people: those who make things happen, those who watch things happen, and those who say, "What happened?"
School nurses make things happen for Kansas kids!!!

Inhalant Use and Kansas Kids:

By the time a student reaches the 8th grade, one in five will have used inhalants to get high. Inhalant use refers to the intentional breathing of gas or vapors with the purpose of reaching a high. There are more than 1,000 everyday products that are very dangerous when inhaled, including cooking spray, insecticides, oven cleaner, deodorants, cleaning products, hair spray, air fresheners, nail polish remover, glue, paint and paint thinners, typewriter correction fluid, air-conditioning refrigerant, felt tip markers, butane and other aerosol sprays.

Inhalants can damage the heart, kidney, brain, liver, bone marrow and other organs, and also lead to death. Inhalants are physically and psychologically addictive and users may experience withdrawal symptoms.

For more information and a free copy of "Keeping Your Kids Drug-Free: a How-To Guide for Parents and Caregivers", www.theantidrug.com is the parent site of the National Youth Anti-Drug Media Campaign. These materials can also be received by calling 800-788-2800 and request document #PHD884.



Health and Health
Care in Schools!
Online at:

www.healthinschools.org/parents



Marsh Media
Health & Guidance
Products
800-821-3303
www.marshmedia.com

The Food and Nutrition Section of the American Public Health Association (APHA) have developed a web site on overweight in childhood. This was developed to coincide with National Public Health Week, April 7-13, with their theme being overweight and obesity. This Web site has links to resources, tools, and materials on the subject of obesity.

www.aphafoodandnutrition.org/overwt.html

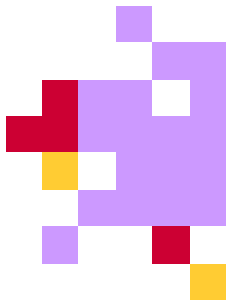
Sharing Immunization Records Information:

The HIPAA Privacy rule now allows a provider to share protected health information with another provider for treatment: *A covered entity may disclose protected health information for treatment activities of a health care provider.* 164.506(c) (2).

School nurses, daycare centers/daycare providers, local health departments, physicians and hospitals need immunization information for purposes of providing treatment to the child (making certain that all immunizations are up to date) are allowed to receive this information.

HIPAA rules also state that if there is a state law requiring certain disclosures of health information, the HIPAA final rule does not preempt these mandates. 164.152 (a) K.S.A. 65-531 provides for disclosure of immunization information and records: *Information and records which pertain to the immunization status of persons against childhood diseases as required by K.S.A. 65-508 and 65-519 may be disclosed and exchanged without a parent or guardian's written release authorizing such disclosure to assure compliance with state statutes or to achieve age appropriate immunization status for children.*

For more information or to clarify questions, please call the Kansas Immunization Program at 785.206.0687



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Budget Costs and School Nurses

Visit www.nasn.org, click the blue box on the right side of the screen to read a plan to address budget cuts for those who are faced with this issue.



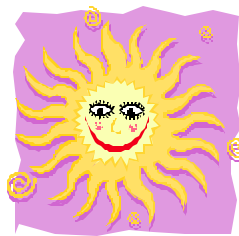
School Nurses Gathered in Clay Center on April 8th!!!

Theresa Tetuan & Christine Tuck met with school nurses from central and north central Kansas in Clay Center at their regional school nurse meeting. There were approximately 20 school nurses in attendance and information was shared on topics that are occurring in Kansas impacting school nurses. It was a chance for Theresa and Christine to meet the nurses and allow them time for sharing problems and concerns that impact them in their school nursing practice. This was a wonderful opportunity for networking, and if any other groups of school nurses are wanting to plan an informational meeting, you can contact Theresa (ttetuan@kdhe.state.ks.us) or Christine (ctuck@kdhe.state.ks.us)

Summer Safety Info:

Please view the following web sites for information on summer safety:

www.healthinschools.org/parents
www.safekids.org/tier2_rl.cfm?folder_id=169
www.zillions.org/Features/Hurts/hurts001.html



Check out the following Web links for new articles in the March 2003 edition of American School Board Journal:

www.nsba.org/schoolhealth/articles/index.htm
www.asbj.com/2003/03/0303research.html

For the latest updates on SARS, visit:
www.cdc.gov

School Emergency Web Resource

"The midst of a crisis is not the time to start figuring out who should do what." At that moment everyone involved-from the top to the bottom-should know the drill and know each other," states Homeland Security Secretary Tom Ridge. Visit www.ed.gov/emergencyplan

What Can I Do to Help a Child Who is Being Bullied?

With all the talk of bullying in schools these days, how can I tell if it is happening? Visit www.medscape.com/viewarticle/451281?mpid=11850

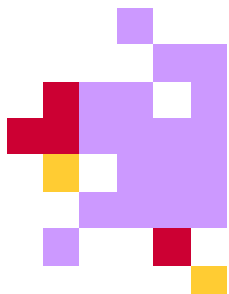


Studies Tout Early Intervention in Preventing Youth Violence

Based on research showing that teenagers who commit violent acts often showed signs of aggressive behavior while in elementary school, some school-based violence prevention programs are targeting children at the elementary school level. Visit www.medscape.com/viewarticle/450936?mpid=11850

TeleKidcare has been recognized as the April 2003 recipient of the Best Practice Initiative!!!!

For more information and to read the article about the Best Practice Initiative go to:
www.osophs.dhhs.gov/ophs/BestPractice/



ZipS EVENTS & RESOURCES

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Upcoming Events

May 6, 2003 ~ **World Asthma Day** Free information, with kits and materials: www.epa.gov/iaq

May 7, 2003 ~ 2003 **National Day to Prevent Teen Pregnancy**. Learn more about the National Day at www.teenpregnancy.org.

May 7, 2003 ~ **National School Nurses Day** Learn more about National School Nurses Day at: www.nasn.org

June 8 –11, 2003 ~ **Camp Superbreathers!**
The American Lung Association's "Camp Superbreathers" for children ages 8-11 years, will be held at the Salvation Army Camp Hiawatha, in Wichita, Kansas. The week long event targets children who have been diagnosed with moderate to severe asthma. Children are supervised 24 hours a day by physicians, nurses, respiratory therapists, and experienced camp counselors. There is swimming, horseback riding, etc. along with many learning activities for youth to take control of their asthma. For more information contact the American Lung Association 785-272-9290 ext. 102.

Diabetes Summer Camp

American Diabetes Association provides information about diabetes while youth are having fun in the great outdoors! To find a camp near you call 800-676-4065.

2003 Calendar of

Health Observances and Recognition Days

The Kansas Hospital Association has prepared a 2003 Calendar of Health Observances and Recognition Days. The calendar is available on the KHA website at: www.kha-net.org/member/publications/Promotional%20Calendar.pdf

For more info, call Marlene Barger at 785-233-7436.

Training and Conferences

May 30th—June 1, 2003. **NYAC's Sixth Annual National Youth Summit**. Sponsored by National Youth Advocacy Coalition. Contact: www.nyacyouth.org/nyac/events_summit.html

June 19—21, 2003. **The National Conference on Asthma 2003**. Sponsored by National Asthma Education and Prevention Program. Contact: www.Asthma2003.net

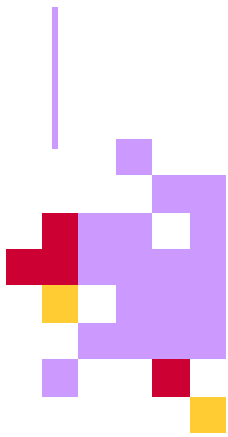
June 27—July 1, 2003. **National Association for School Nurses Conference** in Cincinnati, OH
Contact: www.nasn.org

July 21—25, 2003. **12th Biennial School Nurses International Conference**, Colorado Springs, CO.
Contact: www.schoolnurses.org

July 28—August 1, 2003. **Kansas School Nurse Summer Conference**, Hyatt Regency, Wichita, KS.
Information posted soon at webs.wichita.edu/depttools/user_home/?view=conted&page=conference

August 4—6, 2003. **10th Annual Summer Institute of American School Health Association** held at the Kansas City Airport Hilton. Contact Dr. Darrel Lang, HIV/AIDS Human Sexuality Education Program Consultant 785-296-6716.

The **Center for Health and Health Care in Schools (CHHCS)** has launched a new Parents' Resource Center that provides two types of information: Learn Now, a web portal offering links to parent-friendly resources on child and adolescent health issues, and Act Now, a guide written by CHHCS to help parents assess health related services and programs at their child's school. For more info: www.healthinschools.org/parents



ZipS FUNDING, RESOURCES

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Environmental Education

The National Fish and Wildlife Foundation, in cooperation with the U.S. Fish and Wildlife Service National Wildlife Refuge System and the National Conservation Training Center, The Keystone Center and the National Wildlife Refuge Association is soliciting applications from organizations interested in initiating “The Nature of Learning” in their communities. Schools or non-profit organizations may apply. Deadline is June 30, 2003. Visit www.nfwf.org/programs/tnol.htm

Young Leaders

YouthActionNet provides small grants to youth leaders and their emerging projects that promote social change and connect youth with local communities. Deadline is Oct. 1, 2003. Individuals ages 18 to 24 with a leadership role in youth-led initiatives organizations. Amount \$500.00. Visit www.youthactionnet.org



Carol M. White Physical Education Program Grant

Local educational agencies and community-based organizations will be awarded 198 grants to initiate, expand, or improve physical education programs—including after-school programs—from kindergarten through 12th grade.

www.healthinschools.org/home.asp

Aetna Foundation Regional Community Grants Program

Aetna Foundation Regional Community Grants Program is soliciting applications that seek to reduce health disparities in communities where its employees and customers work and live. Proposal deadline is May 30, 2003.

Visit www.healthinschools.org/grants/ops026.asp

Technology Opportunities Program Grant

The Commerce Department’s National Telecommunications and Information Administration (NTIA) is now accepting applications from qualified applicants for its advanced telecommunications and information technology grant program visit www.healthinschools.org/grants/ops024.asp

Substance Abuse Prevention Grants

The HHS Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention will fund 10 to 14 awards in FY 2003 to help community-based organizations expand their capacity to provide and sustain effective, integrated substance abuse prevention and HIV prevention services in high risk minority communities. Visit _____

www.healthinschools.org/grants/ops017.asp

DHHS Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse and Prevention will fund fourteen projects to expand methamphetamine and inhalant prevention interventions and/or infrastructure development. Visit www.healthinschools.org/grants/ops018.asp

HIPAA and YOU!!

MMWR EXPLAINS PUBLIC HEALTH ROLE IN HIPAA

In a comprehensive analysis released April 11, the Morbidity and Mortality Weekly Report (MMWR) attempts to clarify the relationship between the Health Insurance Portability and Accountability Act (HIPAA) and state, local, and federal departments of public health. Useful as a guide to the complex HIPAA rules in general, the report cites the instances in which individually identifiable “protected health information” may be released to a public health agency without patient authorization. The report is available at www.cdc.gov/mmwr/preview/mmwrhtml/m2e411a1.htm

For further articles related to HIPAA go to:

Health Privacy Rules Become Effective April 14 (2003). Health and Health Care in Schools, 4(2)
www.healthinschools.org/ejournal/2003/apr03_1.htm

HIPAA regulations raise questions for schools. (2002). Health and Health Care in the Schools, 3(8),
www.healthinschools.org/ejournal/2002/Oct02_1.htm

The Center for Health and Health Care in Schools. (2002). The other health privacy law: What FERPA requires of schools. InFocus: An in-depth analysis of emerging issues in health of schools.
www.healthinschools.org/focus/2003/no1.htm

Bergren, M. D. (2001). HIPAA hoopla: Privacy and security of identifiable health information. Journal of School Nursing 17(6), 336-341.

Bergren, M. D. (2001). The facts about email. Journal of School Nursing, 17(5), 274-277.

Bergren, M.D. (2001). The facts about faxing. Journal of School Nursing 17(4), 210-212.

Bergren, M.D. (2001). Electronic records and technology. In N. Schwab & M. Gelfman (Eds). Legal Issues in school health services: A resource for schoolnurses, administrators and attorneys. North Branch, MN: Sunrise River Press.

Office for Civil Rights, U.S. Department of Health and Human Services
www.hhs.gov/ocr/hipaa/

USDHHS. (2002). Final modifications to the HIPAA Privacy Rule.
www.hhs.gov/ocr/hipaa/finalreg.html



Rachel Seeger from the USDHHS OCR office will present at the national school nurse conference this summer regarding the issue of HIPAA. Confirmation has also been received from the Surgeon General, Dr. Carmona, that he will speak as well.

(Info obtained from the school nurse list serve, 4-18-03)

**HAVE A GREAT SUMMER! THE NEXT EDITION OF ZIPS WILL BE ONLINE
IN AUGUST OF 2003!!!**

